

“Release and Forgiveness”
Matthew 18:21-35

What is forgiveness?

Forgiveness is the willingness to:

See someone as more than their sins

Give up the right to retaliate

Acknowledge your sin first

Bless and hope for a better and brighter future for the violator

Not rehearse or bring up again the sin with others

Pray for God’s will to be fulfilled in the violator

Doing acts of kindness for the person who has offended you

The word forgiveness means “to send away.”

“As far as the east is from the west, so far has he removed our transgression from us.”
Psalms 103:12

What forgiveness is not:

Forgiveness is not the ability to forget.

Forgiveness is not the willingness to be subjected to abuse.

“Total forgiveness does not mean closing our eyes to those who will continue to harm others.” R.T. Kendall

Forgiveness is not good feelings about the person or situation

Forgiveness is not the willingness to overlook the matter and not talk about it

"Then Peter came to Jesus and asked, 'Lord, how many times must I forgive my brother when he sins against me? Up to seven times?' Matthew 18:21

You need to learn to forgive:

1. Because God has forgiven you.

Principle: The reason you have a hard time forgiving others is you don't really feel forgiven yourself.

I am deeply loved by God.

I am fully accepted by God.

I am made perfect by Christ.

“Father, so fill me with Your Spirit that I may forgive as Jesus forgave, love as Jesus

loved and live as Jesus lived. Amen.”

"Be kind and compassionate to one another, forgiving each other, just as in Christ, God forgave you." Ephesians 4:32

Principle: The key to forgiveness is to recognize how much God forgives you everyday.

2. Because resentment makes you miserable

"Some men stay happy until the day they die . . . others have no happiness at all; they live and die with bitter hearts." Job 21:23, 25

Principle: An offended Christian can take in life – yet because of fear and unforgiveness cannot release it.

3. Because you'll need forgiveness in the future

"Blessed are the merciful, for they will be shown mercy." Matt 5:7

Who do you need to forgive?

- * The blame test.

- * The bitterness test.

Principle: Bitterness remembers details

- * The behavior test.

Two options for dealing with your hurts:

You can either rehearse them or release them!

"Never pay back evil for evil to anyone....never avenge yourselves. Leave that to God." Romans 12:17-19

How can I forgive?

1. Honestly confess your feelings

Three alternatives to hurt feelings:

1. Repress it
2. Express it
3. Confess it

2. Give God permission to change your feelings – Ask God to heal you.

“God heals the broken hearted. He binds up their wounds.” Psalms 147:3

Principle: The number one rule in forgiving sins is to receive the Holy Spirit who provides the strength and ability to forgive.

3. In prayer, specifically forgive each person who has hurt you.

“Lord, I forgive (name of person) for (name the specifics). I take authority over the enemy and in the name of Jesus Christ and by the power of his Holy Spirit, I take back the ground I have allowed Satan to gain in my life because of my attitude toward (name the person) and give this ground back to my Lord Jesus Christ.”